
























































































































# Norwich to Liverpool Street

																																	
<b>Mondays to Fridays</b>		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Norwich	d	05.10	05.40	06.10	06.25	06.40	06.55	07.10	07.30	07.40	08.00	08.30	09.00	09.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00	16.30	17.00	17.30	18.00	18.30	19.00
Diss	d	05.28	05.58	06.28	06.43	06.58	07.13	07.28	...	07.58	08.17	08.47	09.17	09.47	10.17	10.47	11.17	11.47	12.17	12.47	13.17	13.47	14.17	14.47	15.17	15.47	16.17	16.47	17.17	17.47	18.17	18.47	19.17
Stowmarket	d	05.40	06.10	06.40	06.55	07.10	07.25	07.40	..	08.10	08.29	..	09.29	..	10.29	..	11.29	..	12.29	..	13.29	..	14.29	..	15.29	..	16.29	..	17.29	..	18.29	..	19.29
Ipswich	a	05.51	06.21	06.51	07.06	07.21	07.36	07.51	08.07	08.22	08.40	09.07	09.40	10.07	10.40	11.07	11.40	12.07	12.40	13.07	13.40	14.07	14.40	15.07	15.40	16.07	16.40	17.07	17.40	18.07	18.40	19.07	19.40
Ipswich	d	05.53	06.23	06.53	07.08	07.23	07.38	07.53	08.18	08.23	08.42	09.08	09.42	10.08	10.42	11.08	11.42	12.08	12.42	13.08	13.42	14.08	14.42	15.08	15.42	16.08	16.42	17.08	17.42	18.08	18.42	19.08	19.42
Manningtree	d	06.03	06.33	07.03	07.18	07.33	07.48	08.03	...	08.33	08.52	09.18	09.52	10.18	10.52	11.18	11.52	12.18	12.52	13.18	13.52	14.18	14.52	15.18	15.52	16.18	16.52	17.18	17.52	18.18	18.52	19.18	19.52
Colchester	a	06.13	06.43	07.13	07.28	07.43	07.58	08.13	..	08.43	09.01	09.27	10.01	10.27	11.01	11.27	12.01	12.27	13.01	13.27	14.01	14.27	15.01	15.27	16.01	16.27	16.51	17.13	17.43	18.13	18.43	19.13	
Colchester	d	06.15	06.45	07.15	07.30	07.45	08.00	08.15	...	08.45	09.03	09.29	10.03	10.29	11.03	11.29	12.03	12.29	13.03	13.29	14.03	14.29	15.03	15.29	16.03	16.29	16.53	17.15	17.45	18.15	18.45	19.15	
Chelmsford	d	0641	0714	..	0756	0813	0829	0844	..	09.02	0942	09.47	1039	10.46	1139	11.46	1239	12.46	1339	13.46	1439	14.46	1539	15.46	1639	16.46	17.14	17.46	18.14	18.46	19.14	19.46	
Shenfield	a	0706	0732	...	0808	...	0840	0855	...	0925	09s29	1009	10s29	1109	11s29	1209	12s29	1309	13s29	1409	14s29	1509	15s29	1611	16s29	1711	17s29	1811	18s29	1911	19s29		
Stratford 	a	06s59	07s26	0809	0825	0839	..	08s59	..	09s28	0952	10s11	1052	11s10	1152	12s10	1252	13s10	1352	14s10	1452	15s10	1552	16s10	1652	1711	17s26	1811	18s25	1911	19s26		
London Liverpool St. 	a	07.10	07.37	08.09	08.23	08.39	08.55	09.10	09.25	09.40	09.56	10.24	10.54	11.24	11.54	12.24	12.54	13.24	13.54	14.24	14.54	15.24	15.54	16.24	16.54	17.10	17.37	18.09	18.23	18.55	19.10	19.25	



																																			
<b>Mondays to Fridays</b>		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		
Norwich	d	15.30	16.00	16.30	17.00	17.30	18.00	18.30	19.00	20.00	21.00	22.00	23.05	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..		
Diss	d	15.47	16.17	16.47	17.17	17.47	18.17	18.47	19.17	20.17	21.17	22.17	23.22	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..		
Stowmarket	d	..	16.29	..	17.29	17.59	18.29	..	19.29	20.29	21.29	22.29	23.34	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..		
Ipswich	a	16.07	16.40	17.07	17.40	18.10	18.40	19.07	19.40	20.40	21.40	22.40	23.48	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..		
Ipswich	d	16.08	16.42	17.08	17.42	18.11	18.42	19.08	19.42	20.42	21.42	22.42	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	
Manningtree	d	16.18	16.52	17.18	17.52	18.21	18.52	19.18	19.52	20.52	21.52	22.52	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	
Colchester	a	16.27	17.01	17.27	18.01	18.30	19.01	19.27	20.01	21.01	22.01	23.01	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	
Colchester	d	16.29	17.03	17.29	18.03	18.32	19.03	19.29	20.03	21.03	22.03	23.03	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..
Chelmsford	d	16.46	1739	17.46	1839	18.49	1939	19.46	2039	2139	2239	23.24	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	
Shenfield	a	1711	17s30	1811	18s29	1909	19s29	2009	20s29	21s29	22s29	23s36	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	
Stratford 	a	17s10	1750	18s12	1852	19s15	1952	20s10	2052	2152	2252	23s52	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	
London Liverpool St. 	a	17.24	17.54	18.24	18.54	19.27	19.54	20.24	20.54	21.54	22.54	00.03	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	



																											
<b>Saturdays</b>		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Norwich	d	05.00	05.30	06.00	06.30	07.00	07.30	08.00	08.30	09.00	09.30	10.00	10.30	11.00	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.00	14.30	15.00	15.30	15.30	15.30
Diss	d	05.17	05.47	06.17	06.47	07.17	07.47	08.17	08.47	09.17	09.47	10.17	10.47	11.17	11.17	11.47	12.17	12.47	13.17	13.47	14.17	14.17	14.47	15.17	15.47	15.47	15.47
Stowmarket	d	05.29	..	06.29	..	07.29	..	08.29	..	09.29	..	10.29	..	11.29	11.29	..	12.29	..	13.29	..	14.29	14.29	..	15.29	..	15.29	..
Ipswich	a	05.40	06.07	06.40	07.07	07.40	08.07	08.40	09.07	09.40	10.07	10.40	11.07	11.40	11.40	12.07	12.40	13.07	13.40	14.07	14.40	14.40	15.07	15.40	16.07	16.07	16.07
Ipswich	d	05.42	06.08	06.42	07.08	07.42	08.08	08.42	09.08	09.42	10.08	10.42	11.08	11.42	11.42	12.08	12.42	13.08	13.42	14.08	14.42	14.42	15.08	15.42	16.08	16.08	16.08
Manningtree	d	05.52	06.18	06.52	07.18	07.52	08.18	08.52	09.18	09.52	10.18	10.52	11.18	11.52	11.52	12.18	12.52	13.18	13.52	14.18	14.52	14.52	15.18	15.52	16.18	16.18	16.18
Colchester	a	06.01	06.27	07.01	07.27	08.01	08.27	09.01	09.27	10.01	10.27	11.01	11.27	12.01	12.01	12.27	13.01	13.27	14.01	14.27	15.01	15.01	15.27	16.01	16.27	16.27	16.27
Colchester	d	06.03	06.29	07.03	07.29	08.03	08.29	09.03	09.29	10.03	10.29	11.03	11.29	12.03	12.03	12.29	13.03	13.29	14.03	14.29	15.03	15.03	15.29	16.03	16.29	16.29	16.29
Chelmsford	d	0633	06.46	0739	07.46	0839	08.46	0939	09.46	1039	10.46	1139	11.46	1239	1239	12.46	1339	13.46	1439	14.46	1539	1539	15.46	1639	16.46	16.46	16.46
Shenfield	a	06s29	0709	07s29	0809	08s29	0909	09s29	1009	10s29	1109	11s29	1209	12s29	12s29	1309	13s29	1409	14s29	1509	15s29	15s29	1609	16s29	1709	17.09	17.09
Stratford 	a	0701	07s10	0807	08s10	0907	09s10	1007	10s10	1107	11s10	1207	12s10	1307	1307	13s10	1407	14s10	1507	15s10	1607	1607	16s10	1707	17s10	17.10	17.10
London Liverpool St. 	a	06.54	07.24	07.54	08.24	08.54	09.24	09.54	10.24	10.54	11.24	11.54	12.24	12.54	12.54	13.24	13.54	14.24	14.54	15.24	15.54	15.54	16.24	16.54	17.24	17.24	17.24

														
<b>Saturdays</b>		1	1	1	1	1	1	1	1	1	1 H	1		
Norwich	d	16.00	16.30	17.00	17.30	18.00	18.30	19.00	20.00	21.00	22.00	23.05	20h35	
Diss	d	16.17	16.47	17.17	17.47	18.17	18.47	19.17	20.17	21.17	22.17	23.22	....	
Stowmarket	d	16.29	..	17.29	..	18.29	..	19.29	20.29	21.29	22.29	23.34	..	
Ipswich	a	16.40	17.07	17.40	18.07	18.40	19.07	19.40	20.40	21.40	22.40	23.50	21h13	
Ipswich	d	16.42	17.08	17.42	18.08	18.42	19.08	19.42	20.42	21.42	22.42	..	..	
Manningtree	d	16.52	17.18	17.52	18.18	18.52	19.18	19.52	20.52	21.52	22.52	....	....	
Colchester	a	17.01	17.27	18.01	18.27	19.01	19.27	20.01	21.01	22.01	23.01	..	..	
Colchester	d	17.03	17.29	18.03	18.29	19.03	19.29	20.03	21.03	22.03	23.03	....	....	
Chelmsford	d	1739	17.46	1839	18.46	1939	19.46	2039	2139	2239	23.24	..	..	
Shenfield	a	17s29	1809	18s29	1909	19s29	2009	20s29	21s29	22s29	23s36	....	....	
Stratford 	a	1807	18s10	1907	19s10	2007	20s10	2107	2207	2307	23s52	..	..	
London Liverpool St. 	a	17.54	18.24	18.54	19.24	19.54	20.24	20.54	21.58	22.58	00.07	....	....	

		 1	 1	 1	 1	 1	 1	 1	 1	 1	 1	 1	 1	 1	 1	 1	 1 H	1	
<b>Sundays</b>		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
Norwich	d	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	16.20	17.00	18.00	19.00	20.00	21.00	22.00	23.05
Diss	d	07.17	08.17	09.17	10.17	11.17	12.17	13.17	14.17	15.17	16.17	16.37	17.17	18.17	19.17	20.17	21.17	22.17	23.22
Stowmarket	d	07.29	08.29	09.29	10.29	11.29	12.29	13.29	14.29	15.29	16.29	16.49	17.29	18.29	19.29	20.29	21.29	22.29	23.34
Ipswich	a	07.40	08.40	09.40	10.40	11.40	12.40	13.40	14.40	15.40	16.40	17.00	17.40	18.40	19.40	20.40	21.40	22.40	23.48
Ipswich	d	07.42	08.42	09.42	10.42	11.42	12.42	13.42	14.42	15.42	16.42	17.03	17.42	18.42	19.42	20.42	21.42	22.42	..
Manningtree	d	07.52	08.52	09.52	10.52	11.52	12.52	13.52	14.52	15.52	16.52	17.18	17.52	18.52	19.52	20.52	21.52	22.52	....
Colchester	a	08.01	09.01	10.01	11.01	12.01	13.01	14.01	15.01	16.01	17.01	17.19	18.01	19.01	20.01	21.01	22.01	23.01	..
Colchester	d	08.03	09.03	10.03	11.03	12.03	13.03	14.03	15.03	16.03	17.03	17.21	18.03	19.03	20.03	21.03	22.03	23.03	....
Chelmsford	d	08.29	09.29	10.29	11.29	12.29	13.29	14.29	15.29	16.29	17.29	17.57	18.29	19.29	20.29	21.29	22.29	23.24	..
Shenfield	a	08s29	09s29	10s29	11s29	12s29	13s29	14s29	15s29	16s29	17s29	18.10	18s29	19s29	20s29	21s29	22s29	23s36	....
Stratford 	a	09.04	10.04	11.04	12.04	13.04	14.04	15.04	16.04	17.04	18.04	18.34	19.04	20.04	21.04	22.04	23.04	23s57	..
London Liverpool St. 	a	09.03	10.01	11.03	12.01	13.01	14.01	15.01	16.01	17.01	18.01	18.28	19.01	20.01	21.01	22.01	23.01	00.07	....



			◇	◇	▽	▽	▽	▽	▽	▽	▽	▽	▽	▽	▽	▽	▽	▽	▽	▽	▽	▽	▽	▽	▽	▽
<b>Saturdays</b>		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
London Liverpool St. 	d	0530	06.30	07.00	07.30	08.00	08.30	09.00	09.30	10.00	10.00	10.30	11.00	11.30	12.00	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00	16.30	
Stratford 	d	0537	06u38	0702	07u38	0802	08u38	0902	09u38	1002	1002	10u38	1102	11u38	1202	1202	12u38	1302	13u38	1402	14u38	1502	15u38	1602	16u38	
Shenfield	d	0556	0642	07u23	0742	08u23	0842	09u23	0942	10u23	10u23	1042	11u23	1142	12u23	12u23	1242	13u23	1342	14u23	1442	15u23	1542	16u23	1642	
Chelmsford	d	0607	07.02	0712	08.02	0812	09.02	0912	10.02	1012	1012	11.02	1112	12.02	1212	1212	13.02	1312	14.02	1412	15.02	1512	16.02	1612	17.02	
Colchester	a	..	07.21	07.49	08.21	08.49	09.21	09.49	10.21	10.49	10.49	11.21	11.49	12.21	12.49	12.49	13.21	13.49	14.21	14.49	15.21	15.49	16.21	16.49	17.21	
Colchester	d	....	07.22	07.50	08.22	08.50	09.22	09.50	10.22	10.50	10.50	11.22	11.50	12.22	12.50	12.50	13.22	13.50	14.22	14.50	15.22	15.50	16.22	16.50	17.22	
Manningtree	d	..	07.31	07.59	08.31	08.59	09.31	09.59	10.31	10.59	10.59	11.31	11.59	12.31	12.59	12.59	13.31	13.59	14.31	14.59	15.31	15.59	16.31	16.59	17.31	
Ipswich	a	....	07.41	08.08	08.41	09.08	09.41	10.08	10.41	11.08	11.08	11.41	12.08	12.41	13.08	13.08	13.41	14.08	14.41	15.08	15.41	16.08	16.41	17.08	17.41	
Ipswich	a	07.09	07.42	08.09	08.42	09.09	09.42	10.09	10.42	11.09	11.09	11.42	12.09	12.42	13.09	13.09	13.42	14.09	14.42	15.09	15.42	16.09	16.42	17.09	17.42	
Stowmarket	a	07.20	07.53	....	08.53	....	09.53	....	10.53	....	....	11.53	....	12.53	....	....	13.53	....	14.53	....	15.53	....	16.53	17.20	17.53	
Diss	a	07.32	08.05	08.30	09.05	09.30	10.05	10.30	11.05	11.30	11.30	12.05	12.30	13.05	13.30	13.30	14.05	14.30	15.05	15.30	16.05	16.30	17.05	17.32	18.05	
Norwich	a	07.52	08.27	08.52	09.27	09.52	10.27	10.52	11.27	11.52	11.52	12.27	12.52	13.27	13.52	13.52	14.27	14.52	15.27	15.52	16.27	16.52	17.27	17.52	18.27	

		▽	▽	▽	▽	▽	▽	▽	▽	▽	▽	▽
<b>Saturdays</b>		1	1	1	1	1	1	1	1	1	1	1
London Liverpool St. 	d	17.00	17.30	18.00	18.30	19.00	19.30	20.00	20.30	21.30	22.30	23.30
Stratford 	d	1702	17u38	1802	18u38	1902	19u38	2002	20u38	2125	2225	2325
Shenfield	d	17u23	1742	18u23	1842	19u23	1942	20u23	2042	2146	2246	2346
Chelmsford	d	1712	18.02	1816	19.02	1916	20.03	2012	21.03	22.04	23.04	00.04
Colchester	a	17.49	18.21	18.49	19.21	19.49	20.22	20.49	21.22	22.25	23.25	00.28
Colchester	d	17.50	18.22	18.50	19.22	19.50	20.23	20.50	21.23	22.26	23.26	00.29
Manningtree	d	17.59	18.31	18.59	19.31	19.59	20.32	20.59	21.32	22.35	23.35	00.38
Ipswich	a	18.08	18.41	19.08	19.41	20.08	20.42	21.08	21.42	22.45	23.45	00.48
Ipswich	a	18.09	18.42	19.09	19.42	20.09	20.43	21.09	21.43	22.46	23.46	00.50
Stowmarket	a	....	18.53	....	19.53	....	20.54	....	21.54	22.57	23.57	01.01
Diss	a	18.30	19.05	19.30	20.05	20.30	21.06	21.30	22.06	23.10	00.10	01.14
Norwich	a	18.52	19.27	19.52	20.27	20.52	21.28	21.52	22.28	23.32	00.32	01.36

		◇	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	◇
<b>Sundays</b>		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
London Liverpool St.	d	08.30	09.30	10.30	11.30	12.30	13.30	14.30	15.30	16.30	17.30	18.30	19.00	19.30	20.30	21.30	22.30	23.30
Stratford	d	<i>0809</i>	<i>0909</i>	<i>1009</i>	<i>1109</i>	<i>1209</i>	<i>1309</i>	<i>1409</i>	<i>1509</i>	<i>1609</i>	<i>1709</i>	<i>1809</i>	....	<i>1909</i>	<i>2009</i>	<i>2109</i>	<i>2209</i>	<i>2309</i>
Shenfield		08u57	09u57	10u57	11u57	12u57	13u57	14u57	15u57	16u57	17u57	18u57	..	19u57	20u57	21u57	22u57	23u57
Chelmsford	d	<i>0842</i>	<i>0942</i>	<i>1042</i>	<i>1142</i>	<i>1242</i>	<i>1342</i>	<i>1442</i>	<i>1542</i>	<i>1642</i>	<i>1742</i>	<i>1842</i>	....	<i>1942</i>	<i>2042</i>	<i>2142</i>	<i>2242</i>	<i>2342</i>
Colchester	a	09.23	10.23	11.23	12.23	13.23	14.23	15.23	16.23	17.23	18.23	19.23	..	20.23	21.23	22.23	23.23	00.27
Colchester	d	09.24	10.24	11.24	12.24	13.24	14.24	15.24	16.24	17.24	18.24	19.24	....	20.24	21.24	22.24	23.24	00.28
Manningtree	d	09.33	10.33	11.33	12.33	13.33	14.33	15.33	16.33	17.33	18.33	19.33	..	20.33	21.33	22.33	23.33	00.37
Ipswich	a	09.42	10.42	11.42	12.42	13.42	14.42	15.42	16.42	17.42	18.42	19.42	20.04	20.42	21.42	22.42	23.42	00.46
Ipswich	a	09.44	10.44	11.44	12.44	13.44	14.44	15.44	16.44	17.44	18.44	19.44	20.06	20.44	21.44	22.44	23.44	00.48
Stowmarket	a	09.55	10.55	11.55	12.55	13.55	14.55	15.55	16.55	17.55	18.55	19.55	20.17	20.55	21.55	22.55	23.55	00.59
Diss	a	10.07	11.07	12.07	13.07	14.07	15.07	16.07	17.07	18.07	19.07	20.07	20.29	21.07	22.07	23.07	00.07	01.11
Norwich	a	10.29	11.29	12.29	13.29	14.29	15.29	16.29	17.29	18.29	19.29	20.29	20.51	21.29	22.29	23.29	00.39	01.43

**NOTES**

- 1 First Class accommodation available
  - a Arrival time
  - ◇ Seat reservations available
  - d Departure time
  - Restaurant
  - R Seat reservations recommended
  - s Stops to set down only
  - At-seat trolley service
  - u Stops to pick up only
  - D Until 27 September through to Great Yarmouth
  - G Also stops at Witham at 0627
  - H Also stops at Witham at 2315
  - J Also stops at Witham at 0707
  - Interchange with London Underground
  - Interchange with Docklands Light Railway
  - F From 4 October to Norwich
- Trains in *italics* are connecting services with one change